

Pregnant? Facing Difficult Decisions?
 We can help.
 Call 780.421.1177 or text 587.596.5380



A Small Miracle Adoption
 Adoption is the ultimate expression of a committed heart

- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice

www.smallmiraclesadoption.com

Canada's HEALTHY Choice for Pets!



SENIORS' DAY last Tuesday of every month
 Save **15%**
 PLUS 10 Bonus Air Miles Reward Miles!
Restrictions may apply. Inquire in store.

5103 - 50 Avenue, Leduc
 780-980-8711 • www.globalpetfoods.com

COLD SHOT
 A DIVISION OF BALWARIA EMPIRE PVT. LTD.



PASSENGER & PARCEL SERVICES
 GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: www.coldshotca.com
 Passenger Website: www.coldshot.ca

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

Get More Traffic, Leads & Sales



- Website Development
- Google Ads
- Facebook Advertising
- Social Media Management
- SEO & Content Marketing
- Reporting & Analytics

Frontline web consulting
 780.760.6922
frontlineconsulting.ca

Call today to book your appointment!

We only want to make you SMILE

Millet Denture Clinic
 780.387.3311 • 5022 - 50 Street, Millet
 BARB UNGER, DD • barb@milletdenture.ca

SHOP ONLINE!
www.scubagearcanada.ca

- Snorkelling Gear • Reef-Safe Sunscreen
- Beach Water Shoes • Dry Bags & Wallets • UV Shirts

The Dive Outfitters
 Scuba Diving & Snorkeling
 11781-156 St., Edmonton 780.483.0044

Learn to SCUBA DIVE at our Edmonton location - call for details

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

If you liked Gold Canyon Candles, you are gonna love Sunset Scents!

They are creating candles that have a strong scent throw and the cleanest burning scented candles out there!

They are the next Finest candles you will EVER find!

PSC Prairie Scented Candles
 a RAY of Fragrance
prairiescentedcandles@gmail.com
www.prairiescentedcandles.com


Happy Halloween



from your friends at
Coffee News

FREE! New Issue Every Week!
Coffee News[®]
 "News To Be Enjoyed Over Coffee"

Ponoka Edition
877-553-6397



www.coffee-news.ca Est. 1988

Vol. 19 No. 42 October 17, 2022

Everybody's Talking

Great view: A tall, skinny structure in Brighton, England, looks like a needle rising toward the sky. It is the British Airways i360 observation tower, and it stands 162 metres (531 feet) tall. Only 3.9 metres (12.8 feet) at its widest point, this small diameter is what makes it appear to be a needle. Visitors ride up in a pod that uses technology similar to that of cable cars. Once on top, up to 200 tourists can wander around a moving glass deck that affords 360-degree views of this seaside city and the English Channel. The tower, designed by Marks Barfield Architects, is engineered to withstand the high winds blowing in from the sea.

Lots of food: Anyone who wants to indulge in a plethora of French cuisine should visit Narbonne, France. There, Les Grands Buffets serves a large variety of French-inspired food concocted by experienced chefs, at a reasonable price. The guests can choose to indulge in their favourites or may opt to try something new. There are hors d'oeuvres, seafood choices, meats, cheeses, and more. The menu includes dessert, of course, with delectable cakes and pastries to finish off the meal (or to eat first, if one so desires). The surroundings, which include chandeliers and tapestries, are opulent as well.

Expensive wood: A rare kind of wood from East Asia called "kynam" is a type of agarwood. It has been part of the culture of many Asian countries, such as Vietnam, China, and Japan, for centuries. This precious commodity comes from the heartwood of the aquilaria tree, but only when the tree produces a dark-coloured resin. This happens when the tree is damaged, perhaps by lightning or by insects. The resin causes a strong aroma in the wood, and therefore the wood is used to create items such as high quality perfume and incense. Some farms produce this wood, but if found in the wild, it sells for more than gold.

To the rescue: Dogs may be many a human's best friend, but they'll stand by their canine friends, as well. This was the case with Winston, a dachshund who lives with his human family and his tiny Chihuahua pal, Mijo, in Evergreen, Colorado (U.S.). The four-footed pair got out of their house at the moment that a mountain lion sauntered by. The large feline snatched Mijo, but Winston would not stand for it. He charged and growled until the cat let go of his best buddy. Owner Lindsay Golden took her pets to the vet. While Winston was no worse for wear, Mijo needed tending, but is definitely on the road to recovery, thanks to Winston's quick actions.

Quoteable Quotes

"Spring is nature's way of saying, 'Let's party!'" *Robin Williams*
 "If you do not think of the future, you cannot have one." *John Galsworthy*

What's Happening

Sundays - Family Pickleball Sundays 1-4 pm join us for Family Pickleball in Camrose at the Field House 4516-54 St. New to Pickleball Paddles and instructions will be provided. Wear indoor shoes and be prepared for fun! \$6.50/person. More info contact camrosepickleball@gmail.com

Oct 15 - Fall Exhibit Opening Join the Millet Museum 5120 50 Street for our Fall Exhibit Opening on Saturday, October 15 @ 1 PM. Highlighting Bob Maynard: Life Letters featuring Nigeria archivalgenealogical practices, Life in a Digital World, created with the Millet Seniors Club.

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

Hidden Coffee News Guy ADVENTURE

Find the Coffee News Guy hidden in one of the ads, then enter to win!
\$400* Prize Package
*Coffee News Bucks Over 150 participating sponsors!
4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

To enter, visit www.coffee-news.ca

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB T5T 5L4. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.

Trivia

1. Angkor Wat temple complex is near what major Cambodian city?
2. Halley's Comet is named for what English astronomer?
3. Poet Pablo Neruda is from Chile, Uruguay, or Argentina?
4. Tomatoes, potatoes, and eggplants belong to which plant family?
5. The Sun is about 93 million miles (150 million km) from Earth—T/F?

(Flip bottom of page for answers)

PROVEN EXPERTISE



HALAS ROOFING
 Dennis Halas Agencies Ltd.
 NEW & RE-ROOFING

- Top rated roofing materials
- Family run for 25+ yrs.
- Licensed, insured & WCB

Edmonton Area: 780.893.9751 • Wetaskiwin Area: 780.312.8074
dennishalas@shaw.ca • www.halasroofing.ca

Halas provides a 50 Year Extended Warranty including a 25 Year Workmanship Warranty!

Weather-Tite
 CLEARING ROOF
 BBB

WHEEL OF FORTUNE
 WEEKNIGHTS 7PM/6PST
yesTV



THIS SPACE FOR RENT
780-220-6397

Coffee News is proud to support Make-A-Wish® Canada



Transform lives, one wish at a time.
Make-A-Wish
 Visit makeawish.ca

BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round

FROM \$2,549
\$2,299 USD

YMT vacations 1-877-699-7003
 promo code N7017

* Prices are per person based on double occupancy plus \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 9/30/22. Other terms & conditions may apply. Ask your Travel Consultant for details.

Fast wireless home Internet with **truly unlimited data.**

Call 1-866-218-8782 to sign up

Go beyond. **xplore.ca** Xplore **X**

CANADA'S #1 RETAIL WINDOW COVERING FACTORY

real blinds

FREE DESIGN CONSULTATION
 COMMERCIAL • RESIDENTIAL • WHOLESALE

780.741.2376
 Toll Free 1.855.846.7325
REALBLINDS.CA

Made in Canada
 Since 1979
 No Franchise Fees

HIP/KNEE REPLACEMENT?

Other medical conditions causing TROUBLE WALKING or DRESSING?
The Disability Tax Credit allows for \$3,000 YEARLY TAX CREDIT and \$30,000 LUMP SUM REFUND

FREE ASSESSMENT CALL TODAY!

For Expert Help:
1.844.453.5372



Start Your Own Business!

FREE government funded Self-Employment Training

NOW ONLINE

microbusiness

TRAINING CENTRE INC

Suite 203 Energy Square, 10109-106 St., Edmonton AB T5J 3L7
780.482.4462 | www.microbusiness.ca

Love Coffee News?

Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to contests@coffee-news.ca
Please put "Readers" in the subject line.

Please include:
 1 Your name
 2 Your phone number and
 3 Your address
 so that we can send you some cool prizes if your photo is chosen to appear in the paper!

Coffee News Fun Reading. Serious Advertising.

Reader of the Month
Bibian Lloren from Edmonton

Need ONE More Reason to Join?

- 1 You don't have an up to date will
- 2 You don't understand the difference between a trust and a will
- 3 The CRA selects you for an audit
- 4 You need a letter written on your behalf by a lawyer
- 5 You receive a speeding ticket
- 6 You need a lawyer's advice on any matter

Call LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you!

LegalShield 1-877-579-9449

FREE COMPARATIVE MARKET ANALYSIS

Your "SMART choice" in Real Estate

Serving Ponoka and Area
16 years experience

Call or text today:
403-325-0372

Deb Hoar
ROYAL LEPAGE LIFESTYLES REALTY

BrullerCorp

FIRE RESCUE SAFETY INDUSTRIAL SUPPLY

P:780-361-8275 BRULLERCORP.COM

READY FOR SUMMER!

- * COVERALLS
- * COOLING APPAREL
- * SAFETY GLASSES

AND MORE!

"INNOVATIVE PRODUCT PLACEMENT"

2009-2022 MODELS

CARSWANTED.CA

USA BUYER WANTS YOUR VEHICLE!

TRADE IN, LEASE BUYOUTS, FLEET UNITS... ANY CONDITION!

LOCAL PICKUP, INSTANT CASH OR CERTIFIED FUNDS

587-805-1500

Recipe of the month

Chicken Garden Medley

1 pound boneless skinless chicken breasts, cut into strips	1/4 cup thinly sliced onion
1 garlic clove, minced	2 tablespoons all-purpose flour
1/4 cup butter, divided	1/2 teaspoon salt
1 small yellow squash, halved lengthwise and sliced	1/4 teaspoon pepper
1 small zucchini, halved lengthwise and sliced	3/4 cup chicken broth
1/2 cup julienne sweet red pepper	1/2 cup half-and-half cream
1/2 cup julienne green pepper	8 ounces angel hair pasta, cooked and drained
	2 tablespoons shredded Parmesan cheese

Prep Time: 25 min. Bake: 20 min Yield: 4 servings

- 1 In a large skillet, saute chicken and garlic in 2 tablespoons butter for 10-12 minutes or until chicken juices run clear. Add vegetables. Cook until crisp-tender; remove from skillet and set aside.
- 2 In the same skillet, melt remaining butter. Add flour, salt and pepper; stir to form a smooth paste. Gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in cream and heat through. Add chicken and vegetables; stir until well mixed.
- 3 Place pasta in a greased 2-qt. baking dish. Pour chicken mixture over top. Sprinkle with Parmesan cheese. Cover and bake at 350° for 15 minutes; uncover and bake 5 minutes longer.

Source: <https://www.tasteofhome.com>

Your Weekly Horoscope

ARIES (March 21 - April 20)

Aries usually have a strong ego and confidence. Right now, however, you may be feeling anxious or uncertain. Adapting to the situation might require that you adjust your viewpoint about it. Lucky numbers: 7, 11, 12, 16, 41, 48.

TAURUS (April 21 - May 21)

Usually Taurus folks can be described as loyal foot soldiers. However, now may be a time for you to step up to leadership, to seek justice on a matter of importance. Lucky numbers: 12, 14, 22, 32, 42, 45.

GEMINI (May 22 - June 21)

The comfort zone of Gemini is often within one's own thoughts. This week may offer a good chance to explore life from the perspective of your feelings and those closest to you. Lucky numbers: 5, 8, 9, 21, 23, 41.

CANCER (June 22 - July 22)

Finding your particular pot of gold at the end of the rainbow may be a focus for you at this time. Consider how this desire might be connected to your life purpose. Lucky numbers: 11, 15, 18, 21, 24, 30.

LEO (July 23 - Aug. 23)

At the beginning of the week, your heart and mind may be in sync and well balanced. In what ways could you use this time to accomplish something positive in your life? Lucky numbers: 10, 13, 17, 20, 25, 42.

VIRGO (Aug. 24 - Sept. 23)

Your thought processes may be particularly well-grounded at the start of the week. This dynamic might be good for any detailed work that you may need to complete right now. Lucky numbers: 9, 17, 21, 31, 42, 43.

LIBRA (Sept. 24 - Oct. 23)

You may be feeling extra confidence and optimism toward the end of the week. It might be a good time to repair a relationship or to mediate a conflict between other people. Lucky numbers: 15, 17, 26, 28, 36, 40.

SCORPIO (Oct. 24 - Nov. 22)

You may be entering a period of a few weeks where you might want to deeply examine issues with others regarding your relationships. Try to be sure they are open to doing so. Lucky numbers: 4, 7, 10, 13, 14, 21.

SAGITTARIUS (Nov. 23 - Dec. 21)

Having a philosophical or spiritual belief system can be more important to Sagittarians than to other signs. A sudden or unexpected event may trigger an adjustment in your world view. Lucky numbers: 8, 11, 23, 29, 30, 44.

CAPRICORN (Dec. 22 - Jan. 20)

You may be undergoing a period of transformation that can be frustrating. Try to avoid a clash of egos right now, especially with anyone with more power in the situation than you. Lucky numbers: 3, 12, 13, 27, 40, 47.

AQUARIUS (Jan. 21 - Feb. 19)

Have you been feeling like Sisyphus lately, rolling that rock up the mountain with no success? The energy pattern may begin to move things forward for you in the near future. Lucky numbers: 2, 11, 18, 23, 34, 42.

PISCES (Feb. 20 - March 20)

Relationships can provide an opportunity to work on our issues as individuals. The potential for doing this may exist now for Pisces. Just be careful of triggering a mirror effect. Lucky numbers: 1, 3, 5, 32, 36, 39.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 17.

Did You Know...

Green space: Little Island, located in the Hudson River in New York City, is a new park built upon a pier. It has trails, many species of plants and flowers, and an amphitheatre.

Same cause: Anyone who's had chickenpox may someday get shingles, with its red rash and blisters. That's because shingles is caused by reactivation of the same varicella-zoster virus that causes chickenpox.

For peat's sake: Canada is home to over one-third of the world's peatlands, a type of wetland where a variety of mosses and sedges grow. Dead Sphagnum moss accumulates under the living layer of vegetation.

Classic literature: English writer Jane Austen (1775-1817) is known for her vivid depictions of middle-class life in England. Two of her famous novels are *Sense and Sensibility* and *Pride and Prejudice*.

Frothy delight: Teh tarik is a popular beverage in Southeast Asian countries, especially Malaysia. This frothy drink, also known as "pulled tea," is made from tea, condensed milk, sugar, and water. It is poured back and forth between two mugs until it froths.

On the Lighter Side

Why do elephants drive Volkswagens? There's room for four and the rest is trunk space.

Customer: "Waiter, this meat is bad."
Waiter: "Who told you?"
Customer: "A little swallow."

What's a father's favourite food? Poppy seeds.

Once again someone has added more soil to my garden. The plot thickens.

Knock! Knock! *Who's there?* Mission. *Mission who?* Mission you a lot. Wish you were here.

Answers

Trivia answers: 1. Siem Reap, Cambodia 2. Edmond Halley 3. Chile 4. Nightshade 5. True

For available franchise opportunities - visit coffeenewscanada.com
© Published with Permission by Capital Marketing Ltd

Are you a business owner/office manager? Have 3-20 employees in your office? Paying too much for your current phone system?

We can save you up to 50% off your current phone rates!

How? We offer:
 ✓ VOIP Solutions at a fraction of the traditional carrier cost
 ✓ Long distance rates that outcompete the competition

587.760.2800
<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

Tinnitus Therapy

available using new Stylleto

Rechargeable Hearing Aids Available

Did you know all seniors and low income adults qualify for \$900-\$2400 towards hearing aids?

Signia Stylleto

Unique and beautifully designed hearing aid

EYES + EARS

OPTICAL + HEARING CO.

403.790.2020 • 4502-50 Street, Ponoka

FINANCING FOR HEARING AIDS NOW AVAILABLE

inogen

FREEDOM. TO BE YOU.

1-888-998-6714

MKT-P0253

GENERAC

Prepare for power outages today

WITH A HOME STANDBY GENERATOR

FREE 7-Year Extended Warranty An \$895 Value!

REQUEST A FREE QUOTE
CALL NOW BEFORE THE NEXT POWER OUTAGE
(888) 688-0973

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

Congratulations

to August's **Coffee News Guy** contest winners!

Your prizes are in the mail!

Andrew Ong
Joyce Wieler
Brenda Moore
Lacie Beck

Enter today for your chance to win at www.coffee-news.ca

Stumbling Blocks Team Building Seminars

Fun, Informative and Highly Interactive

Book Barbara Today!
780-722-3188

BARBARAMAY.COM | STUMBLING-BLOCKS.COM

THE ONE

89.7 FM

PONOKA'S BEST COUNTRY

Coffee News

is proudly delivered by

WDACS

Wetaskiwin and District Association for Community Service

Coffee News Part of your community.

www.scubagearcanada.ca